

Womack’s Blue Ribbon Bistro Menu Week 1

Sunday 9 October 2011	Monday 10 October 2011	Tuesday 11 October 2011	Wednesday 12 October 2011	Thursday 13 October 2011	Friday 14 October 2011	Saturday 15 October 2011
<b><i>BREAKFAST</i></b> Monday thru Friday: 0600-0900 , Continental Breakfast (limited menu availability) 0900-1000 <i>Eggs, Omelets, Hash Browns, Pancakes, Sausage, Bacon, Biscuits, Toast, Bagels, English Muffins, Grits, Oatmeal, Fresh Fruits, Yogurt, and Assorted Cold Cereals offered daily</i>						
<b><i>LUNCH</i></b> Monday thru Friday: 1100-1400 ( <i>Short Order, Main line closes at 1330; Salad Bar, Specialty Bar, and Sandwich Bar Available until 1400</i> ) <b>Weekends &amp; Holidays: 1100-1300</b> (No Sandwich or Specialty Bars)						
	Zesty Pasta Salad (\$0.20/oz) Chicken Noodle Soup \$1.15/12oz	Three Potato Salad (\$0.20/oz) Potato Soup \$1.15/12oz	Pistachio Parfait (\$0.20/oz) Chicken Tortilla Soup \$1.15/12oz	Sour Cream & Cheddar Macaroni Salad Minestrone Soup \$1.15/12oz	Coleslaw (\$0.20/oz) Tomato Bisque Soup \$1.15/12oz	
Broccoli & Chs Stfd Chkn Brst.....\$1.75 Meatloaf.....\$1.40 Mashed Potatoes.....\$0.55 Wild Rice.....\$0.55 Malibu Blend Vegetables.....\$0.55 Asparagus w/ Minced Garlic.....\$0.95 Hot Roll.....\$0.25	Crab Cake .....\$1.00 Ea Roast Turkey .....\$1.85 Baked Ham.....\$1.00 Mashed Potatoes.....\$0.55 Cornbread Dressing.....\$0.55 Cape Cod Blend Vegetables.....\$0.55 Green Beans w/ Mushrooms.....\$0.55 Hot Roll.....\$0.25 Cornbread.....\$0.25	Yankee Pot Roast .....\$2.30 Garlic, Rosemary Chicken.....\$1.70 Swedish Meatballs w/ Gravy.....\$1.15 Paprika Potatoes.....\$0.55 Egg Noodles.....\$0.55 Steamed Cabbage.....\$0.55 Prince Edward Blend Vegetables...\$0.55 Cornbread.....\$0.25 Hot Roll.....\$0.25	Baked Salmon Filet w/ Dill Sauce..\$5.35 Shrimp Creole.....\$3.80 Turkey Enchilada Casserole.....\$1.85 Steamed Rice.....\$0.55 Wild Rice.....\$0.55 Seasoned Pinto Beans.....\$0.55 Mixed Vegetables.....\$0.55 Seasoned Greens.....\$0.55 Cornbread.....\$0.25 Garlic Bread.....\$0.25	Whole Wheat Pasta & Chicken Primavera .....\$2.05 Roasted Pork Loin.....\$1.20 Baked Chicken .....\$1.60 Steamed Rice.....\$0.55 Oven Roasted Potatoes .....\$0.55 Cinnamon Spiced Apples .....\$0.75 Broccoli.....\$0.55 Carrot Coins.....\$0.55 Hot Roll/ Cornbread.....\$0.25	Herb Crusted Steamship Round.....\$2.55 Jalapeno Crusted Catfish.....\$3.00 Spinach Lasagna.....\$1.40 Macaroni & Cheese .....\$0.55 Mashed Potatoes.....\$0.55 Okra & Tomatoes.....\$0.55 Fried Cauliflower.....\$0.90 Cornbread.....\$0.25 Garlic Bread.....\$0.25	Baked Chicken.....\$1.60 Chili Macaroni.....\$1.30 Parsley Rice .....\$0.55 Mashed Potatoes.....\$0.55 Carrot Coins.....\$0.55 Seasoned Greens.....\$0.55 Cornbread .....\$0.25
<b><i>Specialty Items</i></b>	Taste of the Orient Bar Pizza.....\$1.45-\$2.60 French Fried Potatoes \$0.75	Pasta Bar (\$0.15/oz) Philly Steak Sandwich \$2.30 French Fried Potatoes \$0.75	Fiesta Bar (\$0.20/oz) Pizza.....\$1.45-\$2.60 French Fried Potatoes \$0.75	Starter Bar Sweet Potato Fries \$0.75	Potato Bar (\$0.15/oz) Onion Rings.....\$0.75 Greek Wrap.....\$2.25	
<b><i>DINNER</i></b> Served Daily 1600-1800						
Cuban Sandwich.....\$2.90 Coconut Crusted Tilapia.....\$2.30 Rice Pilaf.....\$0.55 Oven Brownd Potatoes.....\$0.55 Carrots .....\$0.55 Spinach.....\$0.55	Beef or Chicken Fajitas.....\$2.50 Spaghetti Marinara w/ Turkey Meatballs \$1.35 Key Biscayne Blend Vegetables.....\$0.55 Spanish Rice..... \$0.55 Zucchini Squash.....\$0.55 Garlic Bread/Cornbread.....\$0.25	Chicken & Broccoli Alfredo.....\$2.25 Stuffed Peppers.....\$1.65 Fettuccini Noodles.....\$0.55 Steamed Rice.....\$0.55 Brussels Sprouts.....\$0.55 Mixed Vegetables.....\$0.55 Cornbread.....\$0.25	Sausage w/ Red Beans.....\$1.35 Turkey Loaf w/ Brown Gravy.....\$1.00 Mashed Potatoes.....\$0.55 Steamed Rice.....\$0.55 Carrots .....\$0.55 Green Beans.....\$0.55 Cornbread.....\$0.25	Grilled Pork Chop.....\$2.10 Lemon Garlic Crusted Cod.....\$3.05 Parsley Potatoes.....\$0.55 Seasoned Greens.....\$0.55 Normandy Blend Vegetables.....\$0.55 Garlic Bread/Cornbread.....\$0.25	Broccoli, Cheese Stuffed Chicken.....\$1.75 Steak w/Mushroom Gravy..... \$2.50 Yellow Rice .....\$0.55 Mashed Potatoes.....\$0.55 Brussels Sprouts.....\$0.55 Peppers & Onions Blend.....\$0.55 Cornbread.....\$0.25	Grilled Chicken Parmesan.....\$2.40 BBQ Spareribs .....\$2.25 Oven Roasted Potatoes..... \$0.55 Whole Wheat Penne Pasta.....\$0.55 Yellow Squash .....\$0.55 Spinach.....\$0.55
<b><i>DESSERTS</i></b> Cookies (\$0.85), Ice Cream Bar (\$0.20/oz available Monday through Friday), Ice Cream Novelties (\$0.50)						
Apple Spice Cake.....\$1.10 Strawberry Cream Pie.....\$1.05	Coconut Layer Cake.....\$1.10 Apple Pie.....\$1.05	Chocolate Layer Cake.....\$1.10 Sweet Potato Pie.....\$1.05	Lemon Layer Cake.....\$1.10 Boston Cream Pie.....\$1.05	Carrot Layer Cake.....\$1.10 Lemon Meringue Pie.....\$1.05	Chocolate Layer Cake.....\$1.10 Pecan Pie.....\$1.05	Golden Cake w/ Chocolate Frosting..\$1.10 Coconut Cream Pie.....\$1.05

**\*\*The menu & prices are subject to change without prior notice due to the availability of food items and IAW AR 40-3 Chapter 8\*\***



**Follow the path to better health. Use the Go for Green system to guide your dining decisions. Green = Eat Often; Yellow = Eat Occasionally; Red = Eat Rarely.**



**Let us know how we are doing! Customer Comment Cards are located on the wall upon entering the dining room as well as on the NCD intranet site.**